



FOR IMMEDIATE RELEASE
Office of the Mayor

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**Stamford Residents Urged to Take Precautions During Extreme Cold,
City Opens Warming Centers**

Colder than normal temperatures and wind chills are projected for Connecticut through Saturday. Governor Dannel P. Malloy today announced that he has activated the State's Severe Cold Weather Protocol in anticipation of temperatures in the teens and single digits and wind chills below zero over the next few days and nights, effective beginning today, January 6, through Saturday, January 10.

Mayor David Martin stated, "The City of Stamford will do all that it can to ensure that its most vulnerable residents have a place to stay warm and safe. We are proud to be partnering with community agencies to provide warming centers for residents, and for the first time, the City of Stamford is providing an overnight warming center in partnership with Inspirica. I urge all residents to be safe during this severe weather."

Ted Jankowski, Director of Public Safety, Health & Welfare for the City of Stamford, urges everyone to take precautions and stay out of the cold weather during these extreme cold conditions, "We have made arrangements with City and community facilities to ensure that there is designated refuge from the cold and we encourage residents to use them."

The following warming centers are open for the times and locations listed:

- Glenbrook Community Center, 35 Crescent Street, M – F (8am – 10pm)
- Government Center, 888 Washington Blvd., 1st floor lobby, M-F (8am – 8pm)
- Jewish Community Center, 1035 Newfield Ave. Mon – Thurs (5:30 am-10:00pm), Fri (5:30am-6:00pm), Sat (7:30am- 9:00pm) , Sun (7:30am – 6:00pm)
- Central Fire Headquarters, 629 Main Street, Stamford (8am - 6pm)
- South End Fire Station, 215 Washington Blvd, Stamford (8am – 6pm)
- West Side Fire Station, 80 Fairfield Avenue, Stamford (8am – 6pm)
- East Side/Shippan Fire Station, 364 Shippan Avenue, Stamford (8am – 6pm)
- Woodside Fire Station, 1600 Washington Blvd, Stamford (8am – 6pm)
- Belltown Fire Station, 8 Dorlen Road, Stamford (8am – 6pm)
- Long Ridge Fire Station, 366 Long Ridge Rd., Stamford (8am – 6pm)
- Springdale Fire Station, 987 Hope St., Stamford (8am- 6pm)
- Turn of River Fire Station, 268 Turn of River Road, Stamford (8am-6pm)

During this time, Inspirica, a Stamford-based provider of services to the homeless, will provide an overnight warming center from 8pm to 8am the next morning at 8 Woodland Place, Stamford.

Daily updates to the list of daytime warming centers will be posted on the City of Stamford's website at www.StamfordCT.gov.

Cold Weather Safety Tips

The Stamford Department of Health & Social Services reminds all citizens of the following tips to stay safe during extreme cold:

- Dress warmly, and in layers, even if you are just making a short trip to the mailbox. If you fall or a door locks behind you, you could be exposed for a longer period of time than you planned. Cover your skin. When the wind chill brings the temperature well below zero, be sure to cover your skin. In extreme cold, skin exposed to the cold air can get frostbite in just a few minutes. If you have to go outside, you should wear:
 - ~ Hat
 - ~ Scarf or knit face mask to cover your face and mouth
 - ~ Sleeves that are snug at the wrist
 - ~ Mittens (they are warmer than gloves)
 - ~ Water-resistant coat and boots
- The temperature inside your home should be set according to your own activity level, health, and medications. What is an acceptable, fuel-saving temperature for an active family may not be safe for an older person who has difficulty moving or takes certain medications.
- The elderly are especially susceptible to extremely cold temperatures. Check on elderly friends, family, or neighbors frequently.
- Remove clothing if it gets damp or wet. Wet clothing can make you more prone to hypothermia.
- Know the signs of frostbite and hypothermia and seek medical assistance if you have these signs:
 - ~ Symptoms of frostbite can include: loss of feeling and loss of color and usually happens on the nose, ears, cheeks, chin, fingers or toes.
 - ~ Symptoms of hypothermia in adults can include shivering, exhaustion, confusion, fumbling hands, memory loss, drowsiness, or slurred speech.
 - ~ In infants, symptoms of hypothermia can include bright red, cold skin and low energy.
- Do not drink alcohol. Alcohol lowers the body's ability to retain heat.
- Make sure your car is ready for the extreme weather conditions. Get your vehicle winterized and make sure tires are in good condition. Check your car emergency kit and replace any items that are broken or are unsafe to use.
- Ensure your pets are not outside for an extended period of time. If you notice an animal outside for an extended period of time contact its owner or the local animal control officer.

Carbon Monoxide Poisoning

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas- and oil-burning furnaces, portable generators, and charcoal grills produce this poison gas.

- Never use charcoal grills indoors.
- Never use a generator inside your home or garage, even if doors and windows are open. Only use generators outside, more than 20 feet away from your home, doors, and windows.
- Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

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